

Year 9 Personal Development Programme 2024-2025

Y9 AUTUMN TERM

Autumn 1

PD Lesson 1	PD Lesson 2	PD Lesson 3	PD Lesson 4			
THEME 5d Promoting Emotional Wellbeing	THEME 5d Mental Health	THEME 5d Screen time and Its Impact on Mental Health & Relationships	THEME 6a Unifrog and Careers			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 – <i>NB may be in any week during the half term</i>
THEME 6d Managing Money	THEME 6d Money Habits and Budgeting	THEME 6d Money Management – Saving Money	THEME 6d Money Management – Debt and Borrowing Money	THEME 6d Money Management – Spending: Needs/Wants	THEME 6d Money Management – Credit or saving?	Wellbeing Activity (led by Prefect Team)

Autumn 2

PD Lesson 1	PD Lesson 2	PD Lesson 3				
THEME 4a, 4c County Lines and Child Exploitation	THEME 4a, 4c CSE and Bait Film	THEME 4a, 4c CSE and Bait Film				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 – <i>NB may be in any week during the half term</i>
THEME 4b Live Streaming	THEME 5d ANTI BULLYING WEEK	THEME 4b Digital Footprint and Online Reputation	THEME 4b Keeping Data Safe	THEME 4b Online Fraud	THEME 4b The Dark Web	THEME 5d Wellbeing Activity (led by Prefect Team)

Spring 1

PD Lesson 1	PD Lesson 2	PD Lesson 3			
Why have sex? Delaying Sexual Activity, (The law)	STIs (Laptops/Ipads)	Contraception			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Self Esteem Changes	Boosting self esteem	The Media and Self esteem	Women's Rights and Equality	Women's Rights - #MeToo Campaign	THEME 5d Wellbeing Activity (led by Prefect Team)

Spring 2

PD Lesson 1	PD Lesson 2	PD Lesson 3	PD Lesson 4			
Careers – Who are you? Who do you want to be? (Character, Skills and Careers)	Unifrog – Use of Libraries, Personality Quizzes and Log Activities and Skills	Unifrog (Con) – Use of Libraries, Personality Quizzes and Log Activities and Skills	Reflections on Careers Day on 4 th March			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4 -	PD Weekly 5	PD Weekly 6	PD Weekly 7 - <i>NB may be in any week during the half term</i>
Workplace Skills 1	NATIONAL CAREERS WEEK – The Career Choice Quartet	Workplace Skills 2	Life Skills – Emotions: Happiness	Life Skills – Emotions: Feeling Anxious	Life Skills - Anger	THEME 5d Wellbeing Activity (led by Prefect Team)

NB Careers Day booked for 4th March – Willmott Dixon to host

Summer 1

Y9 SUMMER TERM

PD Lesson 13	PD Lesson 14	PD Lesson 15	
Grief and loss	Mental Health - Perspective	Mental Health – Failure	
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4
		Science of Revision – Brief intro	EXAM WEEK

Summer 2 – Relationships and Sex Education, Staying Safe, Life Beyond School

PD Lesson 16	PD Lesson 17	PD Lesson 18				
Thursday 19th June – p1 Y9 off timetable LOUDMOUTH: Trust Me (Contraception and STIs, Consent, Sending Pics)	Good Decisions - Revisit Contraception, Consent and the Law	Good Decisions – The Risks of Vaping				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
Money Management – Saving Money	Money Management – Spending Habits, What is essential and what isn't?	WELLBEING – Open Doors Comp	LITERACY FESTIVAL	Careers Fair – Preparation	Careers Fair – Follow up	